GUIDELINES

Program Summary

Guidelines is a specialized program designed for those who have completed the Monroe Institutes *Gateway* Voyage program. *Guidelines* offers still another step in the development of more complete understanding of self.

In addition to exploration of your Total Self and creating an on-going communication with your Inner Self Helper (ISH), the program gives direct training in the early stages of Out of Body training. This is the only Institute program that specifically provides these methods. Training in using a special dolphin energy – either individually or in a group – to heal both self and others is also an aspect of *Guidelines*.

The theme of *Guidelines* is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-physical Friend, Universal Consciousness, etc.) it can be any constructive source that has an overview beyond your normal daily physical perception.

In addition, *Guidelines* encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed. Our goal is to make such lines of communication as open, direct and natural as possible, so that during a business meeting, for example, you can calmly and serenely access the communication skills learned and concurrently apply them appropriately within the context of the situation.

Guidelines is held at the Monroe Institute in Virginia, and consists of series of unique exercises that provide training in developing these lines of communication. After review of Focus 10, 12, 15, and 21, the participant is taught:

- To easily achieve the state where such communication can occur
- To speak and report during such states, without disturbing the attained form of consciousness
- Means and methods of establishing contact with other energy forms
- To retain full conscious awareness and memory of the communication achieved

In addition to guided Hemi-Sync® tape exercise, there are:

- Group discussions
- Application sessions
- An individual one-to-one in the TMI laboratory
- Free time relax, assimilate experiences, exercise, and/or socialize

Give yourself the opportunity to gratefully and joyfully strengthen your connectedness with larger aspects of your self-awareness. Give yourself the gift of "coming home" to Self and again, to TMI.